

## **RENDELSHAM KINDERGARTEN HEALTHY FOOD AND NUTRITION POLICY**

### **Food brought from Home**

Goal: To ensure children have food and drink that is safe, varied and nutritious.

- Families will be provided with information and guidelines on food and suggestions from nutritious and safe foods ideas (brochures/newsletter)
- Families and educators will be given/access a copy of the Centre's Healthy Food and Nutrition Policy. This is included in families' enrolment package and staff inductions and when the policy is significantly updated. This will be the responsibility of the Governing Council and Director.
- The centre has a procedure in place for what is to be done if inappropriate food is brought from home (below).

Educators will;

Ask children to put them aside and they will be sent home with the child at the end of the day.

- Explain to the child why they aren't able to eat that particular food e.g other children may be allergic or it should be left to eat at home because it is a treat.
  - Inform parents either verbally/note sent home in the child's lunch box explaining the decision.
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- Parents will be advised if their child is not eating well, or of any concerns staff may have.
  - An eating environment which promotes family and multicultural values will be provided.
  - Educators will sit nearby and supervise children during mealtimes.
  - Children will be taught about food and nutrition through food awareness activities, practical food preparation activities and discussions about food.
  - Families will provide a bottle of water for their child. Drinking water is accessible from the centre at all times.
  - Some food may be available in the case of exceptional circumstances eg; dried fruit
  - The centre will implement and encourage practises assisting children to have safe food (hand washing, refrigeration availability)
  - Food will be stored and handled hygienically by staff and children to minimise food contamination.
  - The centre has procedures about the disposal of unused food, food storage and cleaning. Educators will encourage children's independence at fruit and lunchtimes and ensure children receive food hygienically e.g washing hands.

### **Mealtimes and the eating environment**

Goal: To provide a safe, supportive and social environment in which children can enjoy eating.

Mealtimes and the eating environment play a large role in the nutrition of children helping children to learn and form good food habits which become eating habits for life. Breaks are provided for 'fruit time' and 'lunch time'

These help children to learn a positive attitude about food and provide opportunities to try a variety of foods. It also encourages children to learn family and community values, culturally inclusive perspectives and children's own independence.

Original Policy: 9.6.98 Heart Foundation, Start Right Eat Right,  
Policy Rewritten November 2011.

Reviewed June 2012, May 2013, August 2013, April 2014, March 2015. June 2016, May 2017

### Kindergarten Lunches

- Parents will provide fresh healthy snacks and lunch for their child.
- A lunch box filled with healthy eating options plus another piece of fresh fruit. **Please do not include pre-packaged snacks** as they are invariably high in sugar/fat. We strongly encourage you to leave them for occasional treats/celebrations.
- Kindy lunches/drink bottles may be refrigerated year round
- If families /children require food for reheating- it should be suitable for children to manage safely and independently and be in a microwave safe container for serving at table.
- **Only water** may be provided for children to drink in drink bottles.
- For morning snack/fruit time - only fresh fruit, fresh vegetables, dried fruits etc; are appropriate.
- Children will be seated and supervised by educators during eating times.
  
- Educators will promote a positive, relaxed, social eating environment with children.
  
- When children are enjoying fruit and mealtimes, educator's will encourage positive conversations about foods children are eating.
- Educators will provide positive support, role modelling and respectful manners will be encouraged. Food preferences of the children will be respected.
- Family and cultural diversity is a part of our program. Parents are welcome to share their skills with the children and cooking 'new' foods with the children is encouraged.
- Educators will talk about health and nutrition with the children.
- Educators encourage children's independence and assist children only as needed at meal times.
- Precautions to prevent and treat choking are known by all staff and implemented (up to date First Aid training)

**Special Diet** Rendelsham Kindergarten is a **Nut Aware Site** and we request that all nuts (including peanut butter) be avoided at all times in children's lunch boxes

The special needs of children with food allergies, food sensitivities or medical diets will be catered for specifically in consultation with child's parents and appropriate medical professionals.

- Children with individual dietary needs will require a health care plan, written by a relevant health professional eg. Doctor, Paediatrician, Specialist, Dietician.
- Special diets for cultural or religious reasons will be discussed and negotiated with parents/carers.
- Special diets will be reviewed and appropriate actions applied.

Where a child has a known allergy or intolerance, it will be recorded on their enrolment form, educators will be made aware of it. A food allergy or intolerance will need to be confirmed by a specialist (Paediatrician, Dietician, Immunologist or General Practitioner). The specialist will need to provide detailed information about the allergy/ sensitivity and clear details of emergency procedures required and who needs to be aware in our kindy/school community. We share our site and a range of resources including school buses with Rendelsham Primary School. It is important we adopt the same site policy in relation to severe allergy (Anaphylaxis) in regard to all children enrolled on site.

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All families will be notified if a child at the kindergarten or school has a particular food allergy/intolerance. Steps to eliminate the particular food from our site will be put into place should this occur. eg; peanut intolerance.

- If a child has a severe allergy (Anaphylaxis) their photo and detailed instructions will be clearly displayed on the fridge with parent/guardian consent. If the management includes the use of an epipen, this will be provided by the child's family
- Epipens will be stored in the medication box in kitchen. On excursions epipens will be carried in an insulated bag

### **Birthday celebrations**

Rendelsham Kindergarten encourages the celebration of children's birthdays. Families please speak/check with educators prior to your child's birthday if you would like to bring a shared treat. Cakes are welcome for shared morning or afternoon tea (cupcakes/muffins are great!) or a 'Special' platter of finger food may be a great alternative and could include dip, cheese, dry savoury biscuits and fresh and dried fruits/vegetables etc;

### **Curriculum**

Goal: Children will be given opportunities to learn about food and nutrition. Cooking is a part of the programme. It is an important and meaningful way of conveying to children and educating them in healthy food options.

- Nutrition activities will be included in the planned curriculum and spontaneous programming.
- Children will have the opportunity to learn about food from different cultures.
- Mealtimes will be treated as opportunities for social learning.
- Children will be involved in different food preparation and cooking activities.
- Food safety will be discussed with the children eg; correct hand washing procedures

This Food and Nutrition policy is reviewed on an annual basis by families and educators but may be reviewed at any time.